

IF SOMEONE YOU KNOW IS IN TROUBLE

SUICIDE & CRISIS INTERVENTION

Emergency 911
Crisis Line / Mental Health 360-385-0321
Toll Free 1-800-659-0321

HEALTH CARE SERVICES

Jefferson General Hospital 360-385-2200
Toll Free 1-800-244-8917
Health Dept. 385-9400 or 1-800-831-2678 x 400
Healthcare Access 385-2571 or 1-800-464-2571

YOUTH SUPPORT & SERVICES

Boiler Room 360-379-8247
Children & Family Services 360-379-4330
Hadlock Teen Center 360-379-8840
Jefferson Mental Health 360-385-0321
Juvenile & Family Services 360-385-9190
Jumping Mouse Children's Center 360-385-5109
Public Defender 360-385-5613
Port Townsend Recreation 360-385-5622
Substance Abuse Prevention Pg. 360-379-4476
Eating Disorder Information 360-385-0321
Parent Line (daycare) 1-800-300-1247
Nat'l Runaway Switchboard 1-800-621-4000

MASH Clinic, Tuesdays 7-9 pm 209 Monroe, PT
GAY / LESBIAN / BISEXUAL / TRANSGENDER /

QUESTIONING & QUEER YOUTH SUPPORT

PFLAG 360-385-0942
Jefferson County Health Educator 360-385-9446
Trevor Helpline 1-800-850-8078

Washington TOBACCO Quitline 1-877-270-STOP

ALCOHOL / DRUG SUPPORT & SERVICES

Turning Point Recovery 360-385-4855
Safe Harbor Recovery 360-385-3866
Alcoholics Anonymous 360-385-0266
Alano Club 360-385-7098
Al-Anon / Ala-teen Hotline 360-385-1870
Chimacum Schools Drug Counselor 360-732-4481
Quilcene Schools Drug Counselor 360-765-3363
Port Townsend Schools Drug Counselor 379-4520
Alcohol / Drug Helpline 1-800-562-1240

ASSAULT / RAPE / VIOLENCE

Domestic Violence/Sexual Assault 360-385-5291
WA State DV/SA 24 Hr. Hotline 1-800-562-6025
Police / Sheriff 911

EMERGENCY SHELTER / ASSISTANCE

Community Action 385-2571 or 1-800-464-2571
Community Service Office-DSHS 360-379-4300
Free Store 360-385-4057
Celebrate Life Center 360-385-5530
Red Cross 360-385-2737
Food Banks 360-385-2571

**JUST HAD SEX?
WORRIED ABOUT PREGNANCY?
YOU HAVE 3 DAYS TO ACT
EMERGENCY CONTRACEPTION
385-9400
HOTLINE 1-888-NOT-2-LATE**

HIV / AIDS SERVICES

Syringe Exchange 360-385-9446
HIV/AIDS Counseling & Testing 360-385-9400
WA State AIDS Hotline 1-800-272-2437

STD SCREENING & TREATMENT

Health Dept. 360-385-9400
Toll Free 1-800-831-2678 x 400
National Information Line 1-800-227-8922

BIRTH CONTROL / PREGNANCY

Health Dept. Quilcene Clinic 360-385-9400
Community Service-DSHS 360-379-4300
Healthy Moms/Healthy Babies 1-800-322-2588
Emergency Contraception 360-385-9400
Toll Free 1-800-831-2678 x 400

SOUTH COUNTY RESOURCES

South County Clinic- Quilcene 360-765-3111
Quilcene Community Center 360-765-3321
Brinnon Booster Club 360-796-4444

OTHER HELPFUL RESOURCES

Port Townsend Police 360-385-2322
Jefferson County Sheriff 360-385-3831
Port Townsend Library 360-385-3181
Jefferson Co. Library 360-385-6544
Swimming Pool 360-385-POOL
Jefferson Transit 360-385-4777
WA Poison Center 1-800-732-6985
Northwest Services-Youth Jobs 360-379-5042

911 EMERGENCY 911

24 HR CRISIS LINE 385-0321 OR 1-800-659-0321

SOME TIPS FOR QUITTING METH—OR REDUCING USE*

1. **DRINK WATER**—HELPS DETOX
2. SET **SMALL GOALS**—MAKE THEM EASY TO REACH
3. **GET RID** OF DRUGS & PARAPHERNALIA
4. **THROW OUT PHONE NUMBERS** THAT TRIGGER THOUGHTS ABOUT USING
5. **BECOME AWARE** OF USING PATTERNS
6. **AVOID TRIGGERS**—ANYTHING, ANYPLACE OR ANYONE
7. SCHEDULE YOUR DAYS THOROUGHLY
8. **ANTICIPATE WITHDRAWAL**
9. **MAKE A PLAN** IF YOU ARE IN A PLACE WHERE YOU FEEL LIKE YOU MIGHT USE

10. **WATCH YOUR EATING HABITS**—WHEN A SUGAR CRAVING HITS—EAT PROTIEIN (CHEESE, BEANS, BURRITOES, YOGURT)
11. **EXERCISE**—WALK, WORKOUT, YOGA...
12. **GET A HEALTH CHECK-UP**
13. **TRY ALTERNATIVE THERAPIES**—ACUPUNCTURE, NUTRITIONAL SUPPLEMENTS, HERBAL REMEDIES
14. **BE PATIENT**—MAKE ANY POSITIVE CHANGE*FOCUS ON PORGRESS
15. **GET SUPPORT**—DON'T DO IT ALONE
16. **EXPLORE** YOUR TREATMENT OPTIONS
17. **BE GOOD TO YOURSELF**
18. **KEEP TRYING**—DON'T GIVE UP CUZ YOU'RE HAVING A ROUGH TIME

**adapted from www.crystalneon.org*

HELP CARD



For additional copies contact:
Jefferson County Health Dept.
360-385-9400

revised 9/02

ASK FOR HELP. CALL ANY OF THE NUMBERS LISTED ON THE OTHER SIDE FOR HELP & REFERRALS.